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TALK SHOW LAND GETS A NEW QUEEN

QUEEN LATIFAH DEBUTS HER DAYTIME SHOW THIS FALL WITH THE GOAL OF CREATING A SPACE WHERE PEOPLE 'CAN CHILL, OPEN UP AND BE REAL'

PAGE 10



'Moral obscenity'

As UN experts investigate an alleged gas attack in Syria, U.S. Secretary of State John Kerry comes down hard on the Assad regime

PAGE 4

Balloons no laughing matter

Thailand cracks down on sale of nitrous oxide balloons, with a police official saying they are giving the country a bad rap

PAGE 6

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Ottawa Senators Owner Eugene Melnyk, centre, listens with his lawyer, Paul Webber, right, as the city's finance committee hears submissions on gambling expansion in the capital. Melnyk said on Monday that Webber is exploring legal options after the committee recommended council limit any expanded gambling operation to the Rideau Carleton Raceway. Melnyk says he's losing \$10 million a year on the Sens and wants a shot at having a casino located on land he owns near the Canadian Tire Centre. SEAN MCKIBBON/METRO

Casino quagmire

Province says no to two casinos. Handling of issue not council's finest hour: Mayor



**ALEX
BOUTILIER**

alex.boutilier@metronews.ca

the only exception) to recommend council tell OLG that RCR is the only location they'd entertain the possibility of expanded gambling in the city. Even then, the expansion would be limited to 21 table games in addition to 1,250 slot machines already at the site.

That would bring the casino issue back to council's original 2011 position.

When asked if he regretted his office getting so tangled up in the file, Mayor Jim Watson said that it's his responsibility to "stickhandle" issues and attempt to move things forward.

In a letter to Mayor Jim Watson Monday, Finance Minister Charles Sousa indicated he was sticking by Ontario Lottery and Gaming's assessment that the city could only support one gambling hub.

And so councillors voted almost unanimously (with Coun. Diane Deans being

at the end of the day, I'll wear it.... This process has not been our council or the OLG's finest hour."

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Tour of Alberta. Four Ottawa cyclists set to compete

The inaugural Tour of Alberta race, with high-profile entrants like 2011 Tour de France winner Cadel Evans, Slovakia's Peter Sagan, and Ryder Hesjedal, Canadian winner of the 2012 Giro d'Italia, seems poised to put the province on the international cycling map.

"It's a big deal for cycling in Canada, really. It's the biggest stage race in Canadian history," said Michael Woods, one of four Ottawa-area cyclists who will compete in next week's race. "The fact that it's actually happening and the fact that I'm going to it ... is pretty exciting."

Woods will ride on the Quebec-based Garneau-Québecor team with fellow local racer Alex Cataford, while the Canadian national team will feature Jean-Sebastien Perron and Derrick St. John, who normally race for Ottawa's Stevens Racing p/b The Cyclery team.

St. John, whose Calgary family will be cheering at the finish line, admits that he's "on the older side" compared to his teammates, but believes his seniority can be an advantage.

"I do have a lot of experience in cycling, but also being 36, I just have a lot of life experience. Oftentimes a lot of the challenges that you're going face on the bike are similar to challenges you're going to face in real life," he said. "You can see the light at the end of the tunnel. You understand that even though it feels like it's hurting and the pain is insufferable, it's just like anything. It will end, just like a bad day at work."

STEVE COLLINS/FOR METRO



Mother Coralee Dixon has her finger held by Selena, one of premature twin girls in the Neonatal Intensive Care Unit at St. Joseph's Health Centre, in London, Ont., born in 2010. Doctors in Ottawa say new research is offering parents a better picture of the health complications premature infants can face. DAVE CHIDLEY/TORSTAR NEWS SERVICE

What to expect with a preemie baby

CHEO study. New research aims to make the tough decisions parents of a premature child face a bit easier



GRAHAM LANKTREE

graham.lanktree@metronews.ca

A new study from the Children's Hospital of Eastern Ontario (CHEO) will help parents of premature babies make tough decisions and plan care for their infant,

said researchers Monday.

"We know that some parents absolutely want to hear this data and have an understanding and comprehension of what to expect," said Dr. Gregory Moore, a neonatologist at the Ottawa Hospital and CHEO. His work is published this month in the paediatrics Journal of the American Medical Association.

Dr. Moore and his team found that 14 to 31 per cent of extremely premature infants face severe stumbling blocks in their development from ages four to eight.

Many will be afflicted with an IQ three rungs down from average, cerebral palsy and other issues such as the inability to walk, see or hear. And he found babies born 22 to 25 weeks after gestation show little difference in being affected by these major maladies.

"When parents learn that their baby may be born extremely prematurely," Dr. Moore said, "some of them want to know what to expect, and we really haven't been able to give them good answers." The study allows doctors and parents to dis-

cuss whether medical staff should proceed with intensive or palliative care for the child.

The study drew conclusions from a meta-analysis of the development of 738 premature babies in nine cohort studies from Europe, Australia, New Zealand and the UK.

"Once they are born prematurely, the white matter, that part of the brain is often not able to develop properly outside of mom," Dr. Moore said. "We want to help to equip parents to make a decision for their baby."

Loaves and Fishes gives pencils and backpacks

School breakfast programs ensure that kids who wouldn't otherwise get a meal to start the day, on the principle that proper nutrition is half the battle of succeeding at school — but what about the other half?

Across the city, about 11,300 children participate in such programs, said Richard Garrick of the Loaves and Fishes Fund of Ottawa-Carleton, one of the charities involved in supporting them.

"It's a fairly substantial number and those kids will often go without school supplies as well throughout the year," he said. "Many of them get school supplies in September but obviously they dwindle off."

That's why Loaves and Fishes launched their first backpack drive in July, in hopes of collecting 100 school backpacks filled with pencils, erasers, binders, lined paper, scissors and other essentials.

With a little help from their partners and drop-off locations at Casa Dei Panini, RV Canada, Southbank Dodge, Open Roads RV, Capital Dodge, Dan Murphy Ford, Harley Ottawa, Power Sports Canada and Ottawa Police Services, they exceeded that goal Monday.

"Our goal is to make sure that those supplies are kept and maintained not only in September but throughout the year," Garrick said. "So, you need a

couple of things? Here you go!"

The bags themselves will be distributed by local school boards who "have an ear to the ground with staff and teachers," to know which kids need help most.

The Loaves and Fishes backpack drive continues into September. For more information on how you can help, email info@loavesandfishessotawa.org.

STEVE COLLINS/FOR METRO



Richard Garrick of the Loaves and Fishes Fund of Ottawa-Carleton loads up on donated school supplies for area students. CONTRIBUTED

Cancer patient finishes Ironman competition with time to spare

Diagnosed last December. Local athlete planning more races in the fall

 **GRAHAM LANKTREE**
graham.lanktree@metronews.ca

Although she's not the first to finish an Ironman triathlon while being treated for cancer, Ottawa triathlete Sindy Hooper's amazing feat of endurance on Sunday during Ironman Canada is an inspiration to others, race organizers say.

"Our events push people to their physical limits," said Keats McGonigal, race director for the Ironman Canada 2013 race in Whistler, B.C., on Aug. 25. "For someone with an already broken-down immune system, finishing is an impressive feat. I hope she's an inspiration for others going through treatment."

Hooper finished the race in 16 hours and 24 minutes, just shy of the 17-hour cut-off time. She has been training since undergoing a com-

plex surgery for pancreatic cancer in January 2013 that removed pieces of her digestive tract after she was diagnosed with the disease on Dec. 9, 2012.

In all, Hooper swam four kilometres, biked 180 kilometres and ran 42 kilometres in the race known for its gruelling length and harsh conditions.

"The statistics now say I have a 10 per cent chance of living five years," Hooper noted before heading to B.C. a week before the event. She was determined to race it to raise money for research into a cure for the disease after placing fourth in an Ironman triathlon in Mont-Tremblant last summer. So far, she has raised \$21,182 toward her goal of \$50,000.

Doctors told Hooper when she was first diagnosed that training to compete in a triathlon was only setting herself up for disappointment. But she resumed her training soon after being discharged from the hospital.

Follow Graham Lanktree on Twitter @MetroGraham



Ottawa triathlete and cancer patient Sindy Hooper, shown training in February, just finished an Ironman Canada competition in British Columbia as she works to raise \$50,000 for pancreatic-cancer research. GRAHAM LANKTREE/METRO FILE



"If there is a conflict with wildlife, people need to deal with how they're getting into the house," says the humane society's Bruce Roney. The society is at a loss to explain why two raccoons were tortured and killed. TORSTAR NEWS SERVICE

Assessment ordered

Police nab man accused in random stabbing

Police in Gatineau will seek a psychiatric exam for a young man after he allegedly stabbed another in the neck in an unprovoked attack in a strip-mall parking lot on Aug. 10.

Maxime Gosselin, 22, faces charges of assault,

assault causing bodily harm and aggravated assault. He appeared in court on Monday afternoon.

He is alleged to have attacked a 46-year-old man. The attack was apparently random, police said, and left the man in hospital with a 10-centimetre gash in his neck behind his ear.

Gosselin was arrested the morning of Friday, Aug. 23, and has been kept in custody since his arrest.

GRAHAM LANKTREE/METRO

Critical condition

Senior collapses at Nepean Sportsplex

An elderly man playing hockey at the Nepean Sportsplex on Monday collapsed on the ice after he had a heart attack, paramedics say. An off-duty physician worked to revive the 79-year-old until paramedics arrived. The man remained in critical condition on the way to the hospital. GRAHAM LANKTREE/METRO

'I Have a Dream'

City to ring in Martin Luther King tribute

The bells at city hall will ring at 3 p.m. on Wednesday, linking Ottawa with other cities across North America in commemorating the life and legacy of Dr. Martin Luther King Jr., the city announced in a news release. The symbolic "Let

Repercussions

- If convicted, the accused man faces a maximum sentence of five years in jail and a lifetime ban on owning animals.

explain why the animals had been trapped and tortured.

Roney added that, by law, wildlife that is trapped can

be moved only one kilometre from the trap site.

"If there is a conflict with wildlife, people need to deal with how they're getting into the house," he said. "It's about wildlife-proofing your house or garbage can. There are products available," he urged.

Gregory Armstrong, 49, faces two counts of causing unnecessary pain, suffering and injury to an animal.

GRAHAM LANKTREE/METRO



Aug. 28, 1963: Constitution Avenue in Washington. THE ASSOCIATED PRESS FILE

recognition of the historic occasion. METRO

UN experts inspect scene of alleged chemical attack in Syria

Damascus. Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the

UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokesman for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyah, a suburb of Damascus and one of the areas where the alleged chemical attack occurred.

In videos uploaded by the Moadamiyah media office, UN inspectors were seen interviewing hospital patients.

"After the shells landed, I went downstairs and ... felt dizzy. I fell down, nauseous. Everything became distorted," one bearded man was seen telling a UN official.

THE ASSOCIATED PRESS



In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyah in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. UN experts collected samples and testimony from doctors and victims of the alleged attack on Monday following a treacherous journey through government and rebel-held territory. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

'Dangerous new phase'



"Canada believes the only way to halt the bloodshed in Syria is through a political solution.... However, we understand that this solution is becoming more and more difficult as the crisis enters a very dangerous new phase."

Foreign Affairs Minister John Baird, who called Monday's attack on a UN convoy "absolutely abhorrent."

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Evidence of attack is 'undeniable': Kerry

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters at the State Department, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

"The indiscriminate slaughter of civilians, the killing of women and children and innocent bystanders by chemical weapons is a moral obscenity. By any standard, it is inexcusable and — despite the excuses and equivocations that some have manufactured — it is undeniable," said Kerry, the highest-ranking U.S. official to confirm the attack in the Damascus suburbs that activists say killed hundreds of people.

"This international norm cannot be violated without consequences," he added.

Officials said U.S. President



U.S. Secretary of State John Kerry speaks in Washington Monday about the situation in Syria, where he said chemical weapons were used.

MANUEL BALCE CENETA/THE ASSOCIATED PRESS

Syria's ally responds

Russia: No proof regime responsible

Nations calling for military action against Syria have no proof the Syrian government is behind an alleged chemical weapons attack, Russian Foreign Minister Sergei Lavrov said Monday.

Lavrov said the countries have assumed the role of "both investigators and the UN Security Council" in probing the incident.

"They cannot produce evidence, but keep on saying that the 'red line' has been crossed and they cannot wait any longer," he said.

Lavrov likened the situation in Syria to the run up before the 2003 military operation in Iraq.

Barack Obama has not decided how to respond to the alleged use of deadly gases, a move the White House said last year would cross a "red line." But the U.S., along with allies in Europe, appeared to be laying the groundwork for the most aggressive response since Syria's civil war began more than two years ago.

THE ASSOCIATED PRESS

Harb resigns from Senate, gives Liberals clean slate

Retains pensions. Harb borrows \$230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

to have been solved in time for the Liberal get-together in P.E.I. beginning Tuesday, where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assessment that he had im-

properly claimed to be living primarily in a home outside of the national capital region. That complicated legal battle has now been abandoned.

"I have been contemplating retirement for some time as I personally never con-

sidered the Senate to be a life-time position," Harb said in a statement Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what more I could contribute in

the circumstances."

Harb says he sent the Senate a cheque for \$189,166, bringing his total reimbursement to \$231,649 or the entirety of his living-related expenses.

Records show Harb has borrowed \$230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed out Monday that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired.

Former Liberal Sen. Raymond Lavigne, convicted of fraud and breach of trust in 2011, retired before the Senate was able to strip him of his seat. As a result, he was still able to collect his pensions, an estimated \$80,000 annually. THE CANADIAN PRESS

Senate scandal

Tories should pay for audits: Mulcair

NDP Leader Tom Mulcair says the Conservative party should pick up the cost of auditing a pair of former Tory senators who filed improper expense claims.

Mulcair made the comments Monday as he highlighted his "Roll up the Red Carpet" tour, part of a campaign to publicize his party's support for Senate abolition. THE CANADIAN PRESS

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards.

City manager Penny Ballem noted that such workers have no contact with kids or valuable information or inventory. THE CANADIAN PRESS

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Thai police crack down on nitrous oxide balloons

Bangkok. Authorities arrest vendors who are selling laughing gas in backpacker district

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or \$4.30. Pitiphan



Balloons filled with laughing gas are being sold to tourists in Thailand, and police are trying to halt the trend before it spreads. GETTY IMAGES FILE

said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an

Side effects

- Illicit sales of nitrous oxide could cause harmful side effects to users and give the country a negative image, said a Thai police official.
- Those arrested face up to five years in prison and a more than \$300 fine for selling medicine without authorization.

island known for "full moon" parties fuelled by drugs and alcohol.

He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity.

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N.W.T. Resource projects facing labour shortage

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

THE CANADIAN PRESS



A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories last week. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

Wireless market. Foreign ownership limits should be nixed, think-tank says

If the federal government really wants healthy competition in the wireless market, a new report says it should just do away with the limits on foreign ownership and other regulations.

The analysis published Monday by the right-of-centre Fraser Institute is the latest input into the heated debate on the upcoming auction of valuable wireless spectrum.

The big three Canadian providers — Bell, Telus and Rogers — are furious that current rules might allow a U.S. giant like Verizon to bid at the auction.

As the system works now, the government limits how much of the spectrum the big "incumbent" companies can buy up, in order to encourage smaller players to come to the table. That theoretically would stimulate competition across Canada and ultimately keep prices down.

But those smaller players — Wind Mobile or Mobilicity for example — could be bought up by a firm like Verizon, which would theoretically have an easy time snapping up the spectrum that is off limits to the incumbents. Because those big Canadian firms aren't allowed



The big three Canadian telecom providers are furious that current rules might allow an American giant like Verizon to enter the wireless market here. THE ASSOCIATED PRESS FILE

to bid on all the spectrum available, that could drive down the size of auction bids and give Verizon a potentially good deal.

The report, written by senior Fraser Institute fellow Steven Globerman, says that getting rid of the remaining barriers to foreign entrants in the Canadian marketplace would create fears of hostile takeovers of the big three companies, thus creating an incentive for them to be more efficient.

Industry Minister James Moore has already signalled he will not be changing the rules around the January 2014 auction. THE CANADIAN PRESS

Mobile

Broadcaster orders BlackBerry Q10 smartphones

BlackBerry says it has received an order for 2,000 new keyboard smartphones from Hispanic broadcaster Univision Communications. The company says the order for the BlackBerry Q10 devices will upgrade all of the BlackBerry phones used by employees at Univision, which is one of the largest broadcast networks in the U.S. THE CANADIAN PRESS

Education

The Donald fires back at AG over Trump U lawsuit

Donald Trump on Monday defended his Trump University as a booming success for student entrepreneurs and blasted New York's Attorney General Eric Schneiderman as a "political hack looking to get publicity."

Schneiderman said Trump is making wild accusations, just like others who commit fraud and get caught. He has filed a lawsuit alleging the real estate mogul helped run a phoney university that promised to make students rich.

THE ASSOCIATED PRESS

Personal finance

Seniors piling on debt, report finds

Canadian households have returned to their free-spending ways and seniors have joined in by borrowing to finance their post-retirement lifestyles, a new report says. The Equifax Canada report shows total consumer debt in Canada rose \$77 billion, or 6.1 per cent, in the second quarter of 2013 from last year, and by 6.5 per cent among those 65 and over.

THE CANADIAN PRESS

Market Minute

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WHEN WE GO TOO FAR WITH FOOD

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other



SHE SAYS
Jessica Napier
metronews.ca

and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of

the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-

brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over \$12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H2O pairs best with your pretentiousness.

Enough is enough everyone; we've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

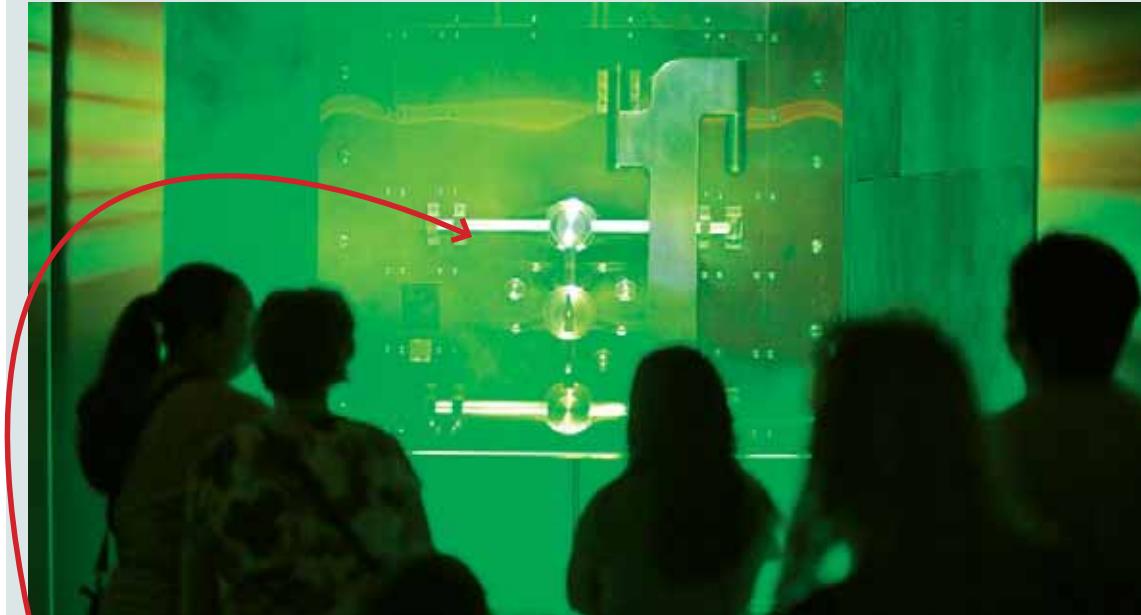
All of this excess is making me sick to my stomach.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in

downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

THE ASSOCIATED PRESS

Among the many reasons to love living in the modern age is the infinite entertainment, wisdom and learning available in podcast form on the iTunes store. If you're the type to leave your cellphone on the bathroom counter as a shower radio, these three subscriptions are among the most reliable brain food you'll find to feed that insatiable appetite.



The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the Paleo diet theory that modern life is wreaking havoc on our primitive systems.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert

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Pop Up Ideas:

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Twitter



@metropicks asked: Zurich will open drive-in sex boxes for safer prostitution. What would be in a Canadian 'sex box'?

@Medros: maple flavored condoms? prostitutes offering poutine on the side? lol I have no idea

@xRapunzlx: bacon!!

@Canucklehead_ca: Bacon, cold beer, two orders of poutine, a TV tuned to HNIC, government provided Viagra & an apology note.

@JacksActl: Info about treating sex trade workers with respect, the struggle for dignity, safety (for all), mutual boundaries

@lester04: maple syrup lube, a complimentary toque, and poutine to send you on your way afterwards.

@Shmingers: Wool socks, doughnuts, and an oar.

@J_T_V: a North of 60 DVD box set

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All hail the Queen

Daytime TV.

Queen Latifah takes grassroots approach to her new talk show

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may—or may not—get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.

DVD reviews



The Great Gatsby

Director. Baz Luhrmann
Stars. Leonardo DiCaprio, Carey Mulligan, Tobey Maguire

Aussie director/showman Baz Luhrmann is in his element whenever the lens turns towards the opulence of F. Scott Fitzgerald's Jazz Age prose: jewelry by Tiffany, clothes by Prada, Miu Miu and Brooks Brothers, cars by Rolls-Royce and Duesenberg,



METRO IS TUNED IN TO THE NEW TV SEASON ALL THIS WEEK. PICK US UP DAILY OR VISIT METRONEWS.CA

Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-lister or the president — any of those amazing people."

"But for me, the dream guests ... are the regular people doing amazing and extraordinary things who you don't know but make for great television."

"The strength of the team that we have ... is to be able to think on our feet and be able to do things as they happen in real life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

METRO

Also returning

Arsenio Hall — get ready to 'woot' again

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns weeknights on Omni starting Monday, Sept. 9. METRO



Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinny-girl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyst and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO



infirmary and bureaucracy, becoming all the stronger for it. Pairing James Cromwell and Geneviève Bujold in memorable roles, this small marvel of a film is based on a true story of a Maritimes senior who breaks zoning rules to build a dream home on his own land for his ailing wife. He's not going to let red tape stop him from doing the right thing. Still Mine is essentially a two-hander, gorgeously filmed in New Brunswick (and also Northern Ontario).

PETER HOWELL

had Luhrmann taken a few risks and not let Fitzgerald to do all the dramatic thinking. Carey Mulligan drags as Daisy and Tobey Maguire numbs as Nick.

Still Mine

Director. Michael McGowan
Stars. James Cromwell, Ronan Rees

Toronto writer/director Michael McGowan (One Week, St. Ralph) attentively observes a love tested by

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Succulent, strange and only steps away

Home is where the yum is. Bizarre Foods America host talks feeding an appetite for foreign cuisine in your own backyard

EVA KIS
Metro World News in NYC

It takes more than a unique dish to pique Andrew Zimmern's interest. The Bizarre Foods America host finds himself roaming between California and New York (with a detour to Canada) to tempt his taste buds.

Why, having travelled all

over the world, eating everything from "bleeding rocks" in Chile to eggplant custard in Greece, is he keeping it local?

"To me, it's all about great stories; great stories that we were overlooking," explains Zimmern, whose show premieres Wednesday on DTOUR.

The beauty of America is that it's a country of immi-

grants. I think there are more stories here from the fringe and foods from other cultures than anywhere else in the world," he says.

"I don't know whether I eat to travel or travel to eat, but to me they're not two strands of spaghetti in a dish; they are the same noodle."

Now that we're all hungry, where does Zimmern recom-

mend you call ahead before packing your bags and hitting the road?

Providence, R.I.: "There are chefs who are doggedly committed to the ingredients coming out of the farms and the oceans. It's a brilliant city to be eating through right now."

One to try: Farmstead's award-winning burger, with polenta fries (farmstead inc.com).

Houston: "There is an internationalist, global food influence going on."

One to try: Korean goat dumplings at Underbelly (underbellyhouston.com).

Toronto: "I always love the place I just came from. Right now, I am overwhelmed by a place called King's Noodle, an incredible Chinese restaurant."

One to try: Get there and ask for anything with pork.

Portland, Ore.: "I do think the DIY food movement in Portland is extraordinary."

One to try: Xocolatl de David's foie gras-infused chocolate (xocolatldedavid.com).



Andrew Zimmern, host of Bizarre Foods America, encourages viewers to fork ahead without fear. CONTRIBUTED

Chopped Canada

"I am just trying to do my own thing. I think it's important when you are hosting to bring yourself to the table, because you don't want to emulate anyone else."

Chopped Canada's Dean McDermott on what sets his hosting skills apart from the host of the U.S. version of the show, Ted Allen. The culinary reality show airs this winter on Food Network Canada.



King & Maxwell

Romijn's new drama is 'loud'

Rebecca Romijn has never been a fan of procedural dramas. But when she read a script for King & Maxwell, scrolling through the words on her iPhone while at a gymnastics class two days before the audition, its cast of characters drew her into the plot. "This is character driven. We're asking you to care more about the characters working on the case than the case itself," Romijn said. "It's louder than your typical procedural." In King &



Maxwell, set to premiere on Showcase tonight at 10 p.m., Romijn plays tough former Secret Service agent-turned private eye Michelle Maxwell.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The VMAs: Wherefore art thou Biebs?

PAT
HEALY
Metro World News

Now that I've had a full day to let the clusterf--- that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a day).

And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, overly-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin Bieber's 2013 Video Music Awards invitation was lost in the mail.



Curious about George: Selena's heart beats for baby faces no longer

Bad news for Justin Bieber: Selena Gomez's taste in men is maturing. The 21-year-old singer and actress, who has been striving for a mature, grown-up image, tells Us Weekly that her celebrity

crush is following suit. "Well, I once said Logan Lerman, but now it's George Clooney," she says. That can't bode well for her on-again, off-again boyfriend, the more Lerman-like Bieber.

The truth remains, 'N Sync is gone



Fans of 'N Sync who thought the band's reunion at the MTV Video Music Awards might just be the beginning, don't get your hopes up. It was a one-night-only kind of reunion, Joey Fatone's dad tells Radar Online. "People are hyping this as to mean like next month they'll go on tour, but there's been no talk of it," Joseph Fatone Sr. says. "Yes there are still fanatical fans who hope for one day that 'N Sync will get back together, but the truth is that they are all doing their own thing now."

A royally romantic reunion? Fergie and former hubby may re-hitch

Sometimes it's not too late to save a romance. Duchess Sarah "Fergie" Ferguson and ex-husband Prince Andrew are reportedly getting back together 17 years after they first split up, according to the Sunday Telegraph.

"Mark my words, they will remarry. It is only a mat-

ter of time," a source close to Fergie and Andrew says.

"It wouldn't surprise me at all. They are a wonderful couple together and, better still, pretty amazing parents."

The two have remained close since divorcing in 1996, working together to raise their two daughters.

Twitter



@TheRock

It may be that "WTF hour?", but you gotta set the tempo for the work week. 4:30am. Budapest. AM cardio starts now..



@Oprah

When I was 22 I first went to Hotel du Cap Ferrat with a friend who had a trust fund. I was making 22k and couldn't afford a croissant!



@AlbertBrooks

Alan Thicke and Billy Ray Cyrus now under genetic arrest.



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Snowball your credit card debts: Prioritize high interest rates

"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Magpie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just \$50 a month, that's \$600 a year," she notes.

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life."

Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

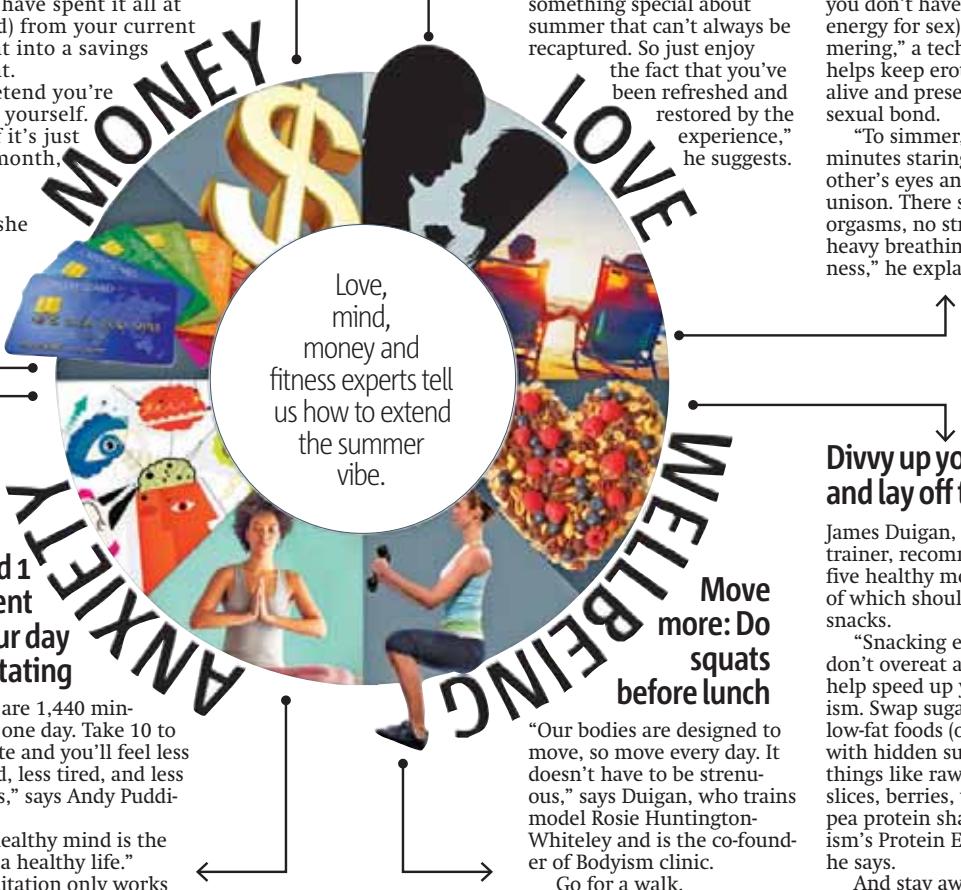
"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar), for things like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence)," he says.

And stay away from alcohol. "It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.



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Salmon cakes elevate canned fish to level fancy

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 table-

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

Wasabi-Spiked Salmon Cakes with Pickled Cucumber



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

spoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form

the mixture into 6 burgers.

4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over

and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Lunch. Fattoush Revisited with Crab and Feta



1. Prepare vegetables: chop mint and parsley, thinly slice lettuce, dice cucumbers and quarter tomatoes.

2. Peel and dice mango.

3. Shred crabmeat and dice

Feta cheese.

4. In bowl, blend lemon juice, olive oil, and sumac or cumin. Add remaining ingredients. Toss and serve with pita bread. DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Ingredients

- 2 tbsp (30 ml) fresh mint,
- 1/2 cup (125 ml) fresh parsley,
- 4 cups (1 l) romaine lettuce,
- 2 cups (500 ml) cucumbers,
- 2 tomatoes
- 1 cup (250 ml) mango
- 6 oz (180 g) crabmeat

- 4 oz (120 g) Canadian Feta,
- 2 tbsp (30 ml) lemon juice
- 2 tbsp (30 ml) olive oil
- 1/4 tsp (2 ml) ground sumac or cumin
- Pita bread, torn or cut into pieces

Ingredients

- 1 cup (250 ml) thinly sliced carrots
- 1 cup (250 ml) frozen peas
- 1 cup (250 ml) diced leeks
- 2 cups (500 ml) sugar snap peas, trimmed and halved on diagonal
- 1 pkg (400 g) PC Blue Menu Wild Nova Scotian Frozen Sea Scallops, thawed and patted dry
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) PC black label harissa spice blend
- 1/4 cup (50 ml) chicken stock

Health Solutions

Out with waste



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Theresa Albert
DHN, RNCP
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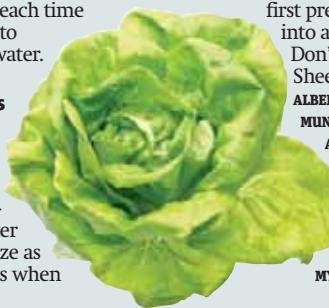
According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste \$2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce

Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas

Blend with protein powder and peanut butter and freeze as popsicles when



ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

they are over-ripe.

Tomatoes

Lay wilty ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes

Freeze for use in cocktails or consume frozen on ice cream.

Celery

Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

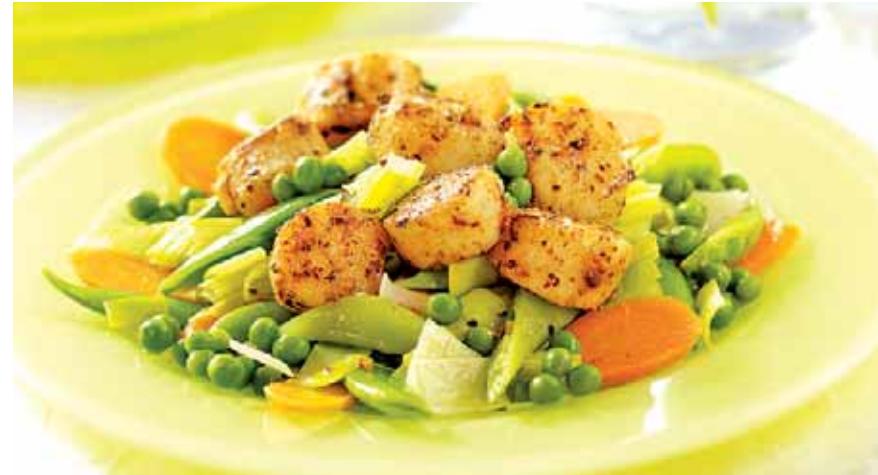
It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life. Don't waste, people. Sheesh. THERESA

Spice up your scallops – and your palate – Moroccan style

Impress your guests with this Moroccan-style seafood dish in which seared scallops spiked with harissa spice sit atop a mélange of spring vegetables.

It's a dish that's fancy enough for a restaurant, but easily done at home.

1. In a saucepan of boiling water, cook carrots for 2 minutes. Add peas, leeks and snap peas and return to a boil. Cook for 2 minutes. Drain vegetables and gently rinse with cold



These Harissa-Spiced Scallops are seasoned with a delicious spice blend. COURTESY NEWS CANADA

water. Set aside.

2. Remove and discard small side muscle from scallops. In bowl, toss together scallops, olive oil and harissa spice blend.

3. Heat large nonstick frying pan over medium-high heat until very hot. Arrange scallops

flat surface down, in a single layer in pan. Sear for 1 or 2 minutes, depending on thickness. Turn scallops over and sear for 1 to 2 minutes or until cooked through.

4. Transfer the prepared scallops to a plate and keep them warm.

5. In same pan, bring chicken stock to a boil. Add cooked vegetables and toss until hot. Transfer vegetables to a serving platter and arrange seared scallops on top. Generously squeeze lemon over scallops and vegetables.

NEWS CANADA/PRESIDENT'S CHOICE

Study puts a price on friendship

Big Brothers Big Sisters.
Can you put a price tag on the big-little relationship?



JESSICA
SMITH
Metro in Toronto

How much is friendship worth? Advice over lunch, encouragement at a bowling alley, shared laughs at a mall?

About \$315,000 in income over a lifetime, \$32,154 in additional tax revenue for government coffers, and \$49,819 in increased spending added to the economy, according to Big Brothers Big Sisters Toronto.

The charity, which matches youth known as "littles" with mentors known as "bigs," has always seen immeasurable results from the friends, but set out to prove its investments are worthwhile, financially.

"More and more, people who are donating to charities don't just want to write a cheque; they want to say, 'How is my money being spent and

what is the result,'" said Sandra Downey, director of business development and communications of Big Brothers Big Sisters of Toronto.

So, Big Brothers Big Sisters Toronto recruited the consulting firm The Boston Group to help them put a price tag on the big-little relationship.

The Boston Group found 250 former "littles," now aged 25 to 65, from the organization's alumni records and a further 250 from an Ipsos Reid panel, said study author James Tucker. Another 1,000 people from similar family and economic backgrounds — generally single parent and low-income — served as a comparison group.

The people who'd had the influence of a big brother or sister growing up, on average, earned more and gave more to charity. They were more likely to report they worked in a senior leadership role at work, pursued a healthy lifestyle, are generally happy, are financially literate, make good life choices and have a strong network of family and friends.

"What I felt was really



Former 'littles' are experiencing the benefits of spending time with 'bigs' later in life. ISTOCK IMAGES

compelling about this was you can finally put a hard value around mentorship and filling a hole in a young person's life," Tucker said.

"Full (disclosure): I was a little brother," he added. "It's no surprise to me that those people felt more confident, generally happier; they had a stronger support network. Therefore, they had much higher earnings than their

peer group."

For Ada, 17, her three-year friendship with her mentor Tracy has had a big impact on her life. The two are heading to Montreal soon to check out McGill University, which Ada will be able to afford to attend because she earned a scholarship specifically for little brothers and sisters, which Tracy encouraged her to apply for.

"I had no means to fill out that application. I didn't even know what a scholarship was. I didn't know how much university was," said Ada. "Without her motivation and support I never would have done it."

Ada said her mom struggles with mental illness, which has made her do and say things that would hurt Ada's self-esteem, but Tracy's encouragement has helped her build

Former littles/control group

Employed full time. 68 per cent / 58 per cent
Average full-time salaries. \$59,600 / \$52,700
Volunteer for community service. 66 per cent / 43 per cent
Hours of community service per year. 95 / 73
Donate to charity. 77 per cent / 67 per cent
Average annual charitable donations. \$395 / \$329
Pursuing a healthy lifestyle. 80 per cent / 72 per cent
Financially literate. 81 per cent / 70 per cent
A senior leader in their workplace. 47 per cent / 32 per cent
Consider themselves a happy person. 42 per cent / 26 per cent
Strongly agree that they make good life choices. 52 per cent / 39 per cent
Strongly agree that they have a strong network of family and friends. 42 per cent / 28 per cent

it back up. "Look at me now. I'm a scholar. I'm going to be going to university, the first in my family to go to university and create a better life for my mother and I."

Fighting fire with sound advice



YOUR
MONEY
Alison Griffiths
money@metrone.ca

Mr. Top 10, as I'll call him, isn't a fan of mine. "What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year! What are your top picks?" Mr. Top 10 (MIT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock

and mutual fund recommendations. Certainly you can find a gazillion "pickers" with tremendous success in a given year. MTT's Canadian and U.S. funds have had a very nice run and I command him. However, a single year isn't illustrative. It's more important to be a well-behaved investor than focus on short-term winners. Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual funds),

bonds and cash. Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little. Next year things may be quite different. A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories. Don't fling

money into dozens of niche sectors and all over the world. A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly. No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance

Once you've decided on an asset allocation it's critical to stick



Look into the investing crystal ball. Kind of cloudy in there, isn't it? ISTOCK IMAGES

with it, even when one aspect of your portfolio is taking off. Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

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At Cégep Heritage College, the centre for continuing education offers programs leading to attestations of college studies programs, "à la carte" credit courses, professional and personal development courses and workshops, as well as custom-tailored corporate training.

À la carte credit courses are part-time courses that allow students to pick and choose courses that are best going to meet their needs, whether it is to build on a particular skill or to add qualifications to their résumé.

Students looking to enrol in one of the professional and personal development non-credit courses and workshops offered at Cégep Heritage College can choose from a range of courses, from English and French conversation and writing skills, to new technology to home child-care provider.

The attestation of college studies



CONTRIBUTED

(AEC) is the certification received upon completing an intensive college-level career program at a CEGEP (Collège d'enseignement général et professionnel). Students are prepared to enter the work-

force upon completion.

Student success is Cégep Heritage College's main focus.

Cégep Heritage College is the only public, tuition-free, anglophone CEGEP

in western Quebec and offers students small classes, instructors with industry experience, and graduates who boast a high work placement rate after completion.

Cégep Heritage College offers students a chance to study at its state-of-the-art Pontiac campus in Gatineau, bordering scenic Gatineau Park and just 10 minutes from downtown Ottawa, in the heart of the National Capital Region.

Students learn practical applications, gain knowledge about Canadian practices and upgrade skills towards a new career in office administration, information technology, accounting, or early childhood care. Many of the programs prepare students to work in a bilingual environment (French and English).

For more about Cégep Heritage College, call 819-778-2270, ext. 2801, or visit heritageadvantage.ca/conted.

MORE CHOOSING TO LEARN ON THE GO

New trends in continuing education headlined the sixth annual International Conference of Hybrid Learning at the University of Toronto school of continuing studies recently.

Hybrid learning has been called a "new frontier in education," offering a mix of online or e-learning and resources, with traditional face-to-face learning and physical resources.

Marilynn Booth, dean of the school of continuing studies, set the conference

tone in her opening remarks, calling hybrid and digital modes of teaching and learning a central concern "to keep pace with learners' changing needs."

Panels and speakers addressed topics from "massive open online courses" (MOOCs) to mobile learning trends, and hybrid learning via Skype.

MOOCs are designed on a large scale for up to several thousand students, with free access to open-licence content with an open structure and learning goals.

Such courses include traditional materials such as videotaped lectures, readings, and similar resources, as well as online forums and social media.

Learners access a MOOC by computer or mobile devices. Some sources estimate there are more than one billion smartphone users, and the numbers are increasing, so more universities use smartphones, mobile devices, and tablets to enhance learning.

— M.E. Powell



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Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball-hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's general manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of

offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you

Guarding the goal

Jobs between the pipes up for grabs

Canada doesn't have obvious candidates in goal for the 2014 Olympic men's hockey tournament.

Even the man who backstopped Canada to Olympic gold in 2010 doesn't assume he'll inherit the starting job in Sochi, Russia, in February.

"It's an open competition and whoever plays best

need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oilers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." THE CANADIAN PRESS

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of each other to advance into the second round of the US Open on Monday.

Bouchard, of Montreal, Que., managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

NBA

T-Mac says he won't come back

Those sleepy eyes always betrayed Tracy McGrady.

Whether he was pouring in 13 points in 35 seconds for Houston in 2004 or sitting on the bench and watching the San Antonio Spurs win another playoff game in June without needing him, that cool expression rarely changed. It all looked almost too easy for McGrady, even if it rarely was.

McGrady announced his retirement from the NBA on Monday, ending a 16-year career that included two scoring titles, seven All-Star appearances, injuries to his knee and back and zero playoff series wins while he was leading the way. THE ASSOCIATED PRESS



Tracy McGrady GETTY IMAGES FILE

Coach sounds off



"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout on Sunday after the Jays lost to the Astros over the weekend.

Horoscopes

Aries

March 21 - April 20

You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

Taurus

April 21 - May 21

You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

Gemini

May 22 - June 21

There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

Cancer

June 22 - July 23

You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

Leo

July 24 - Aug. 23

Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

Virgo

Aug. 24 - Sept. 23

Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

Libra

Sept. 24 - Oct. 23

Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

Scorpio

Oct. 24 - Nov. 22

If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

Gemini

May 22 - June 21

You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

Capricorn

Dec. 22 - Jan. 20

You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

Aquarius

Jan. 21 - Feb. 19

Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

Pisces

Feb. 20 - March 20

The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Briefly summarize
6. "Wolf" (1947)
9. Apple variety
13. "...and forgive
trespasses..."
14. Mr. LaBeouf
15. The Drifters
hit: "The Roof":
2 wds.
16. Wild West
transport
18. Whispy word
19. Ship signal
20. East Coast exports: acr. + word
22. Choices
24. Half of Ms.
Gabor
25. Mannered man
26. Nevada 'aliens
site', ___ 51
28. Feasted
31. Glum
33. Father of New
France, ___ de
Champlain
35. Prospector's
find
36. Late night's Mr.
Ferguson
38. ___ Gatos,
California
39. Donald Duck
nephew
41. "Bad Moon Rising"
gr.
42. Seaport of Italy
45. Curves
46. Bad guy
47. Basilica part
48. Recreation spot,
in Quebec
50. Egyptian cobra
51. Revere
54. Burnaby, BC born
musician from an
eponymously-titled
Band: 2 wds.
59. ___ Beach, Hawaii
60. "What's ___ for
me?": 2 wds.
61. Art ___ (b.1912 -
d.2010, Radio/TV host
in The States from

50. Moose Jaw
53. ___-Flush
64. Pasturelands
65. Montreal's ___-
Dame Basilica
66. Canadian politics
channel
67. 'Persist' suffix
68. Fall fabric
Down
1. 1904 to 1905:
5. Egyptian War
6. Impede, in law
3. CCG = Canadian
4. Pre-Sept. month
5. "That '70s Show"
actress Laura
6. Bloke
7. Puerto's follower
8. Classic five dice
game
9. Dr. Sanjay ___

___-Japanese War
2. ___-Lhasa ___ (Small
dog)
11. Shake off
12. New Wave's
Adam and The ___
14. Kate Bush song:
"And ___ Love"
17. Loonie parts
21. ___ of you are
aware..." (Manager-
to-staff speech
opener)
23. Yesterday, in
Italy
26. Arcade game,
Whac- ___
27. Sly tactic
28. Fork, in a
Montreal restaur-
ant
29. Julia Roberts'
actor brother
30. Kiki and Sandra
31. Gladiator's 800
32. Killer whale
34. The ___
(Famous moun-
tains)
37. Grind teeth
together
40. Rowboat needs
43. Qu' ___ Valley
(Region of south-
ern Saskatchewan)
44. Thread holder
49. Enthusiastic
50. House's
accessed-by-ladder
spot
51. Bowl-shaped
pans
52. Gladys Knight
& The Pips hit: "If ___
Your Woman"
53. Peeled
54. Catchall category
[abbr.]
55. Have ___
(Zzzzz...)
56. Ms. Turner
57. Vienna, to Aus-
trians
58. Fly type
62. ___ truck

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Today



Wednesday



Know what the weather
will be 14 days from now.

Check the 14 day trend.

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Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	1	3	7	4	8	9	6	5
5	9	4	2	3	6	1	7	8
6	8	7	1	0	5	2	3	4
8	7	5	3	1	4	6	9	2
1	3	9	6	8	2	5	4	7
4	6	2	5	7	9	8	1	3
3	2	8	9	6	7	4	5	1
9	4	1	8	5	3	7	2	6
7	5	6	4	2	1	3	8	9

8	5			1	7
7	6	2	5	3	4
2					5

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